

What Does It Mean to Be a Bahá'í?

Food for the Soul

Prayer is important to Bahá'ís. It is so important that prayer is called food for the soul. Bahá'u'lláh reminds us to pray and meditate (or think about the words we pray) every day. Feeding

our souls will help them grow closer to God.

Bahá'u'lláh, the Báb, and 'Abdu'l-Bahá revealed prayers in a beautiful way. Their words are respectful and loving.

A prayer to be said between noon and sunset:

“I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth.

There is none other God but Thee, the Help in Peril, the Self-Subsisting.”

— Bahá'u'lláh



A prayer especially for children:

“O God, guide me, protect me, make of me a shining lamp and a brilliant star. Thou art the Mighty and the Powerful.”

— 'Abdu'l-Bahá

A prayer to help us with problems:

“Is there any Remover of difficulties save God? Say: Praised be God! He is God! All are His servants, and all abide by His bidding!”

— The Báb ☼

